

MUCH IN LITTLE *

Headache, choked discs, and vomiting mean brain tumor.

Exophthalmos, tachycardia, and tremor mean exophthalmic hyperthyroidism.

Hemoptysis means tuberculosis until proven otherwise. Heart failure a frequent cause.

Hematuria means malignancy until proven otherwise. Calculus a frequent cause.

"T. T. M. M. and I" (typhoid, tuberculosis, measles, malaria, and influenza) give no leukocytosis.

Suspect gall-stones in the "4 F" females (fair, fat, forty, and gaseous).

The "old man's disease" (prostatism) must be suspected in the fifties. Examine for urinary retention.

Hemorrhoidectomy is a malignant practice when hepatic cirrhosis with portal back-up is present.

Make thorough examinations of all patients, because:

To have a consultation show one
A blue line on the gum,
Or a fragile mass in the rectum,
Makes the family doctor glum.

TWENTY-FIVE YEARS AGO†

EXCERPTS FROM OUR STATE MEDICAL JOURNAL

Vol. IV, No. 4, April 1906

From some editorial notes:

The Big Thieves.—That the mind of the physicians is without commercial bent, is so well known as scarcely to require restatement; for, in the words of the "sure thing" operator, doctors and preachers are "good things." As a result of this unfortunate lack of business ability, physicians always have been and doubtless always will be imposed upon by those gentry for whom "commercialism" is the first and the last word, and who know not the meaning of "professionalism. . . ."

Let Us Help.—Other things being equal, it is no less than right that we should lend the weight of our influence and give our patronage to those manufacturers who indicate a desire and an intention to help us in the present fight against fraud, secrecy, and graft in the nostrum business. . . .

The Next Legislature.—There are some bills which we may safely assume will be introduced into the

* Members of the California, Nevada, and Utah Medical Associations are invited to contribute to this column of aphorisms, which will appear from time to time in California and Western Medicine, as sufficient copy accumulates. The aphorisms in this issue were sent in by John William Shuman, M. D., Los Angeles.

† This column strives to mirror the work and aims of colleagues who bore the brunt of state society work some twenty-five years ago. It is hoped that such presentation will be of interest to both old and recent members.

next legislature, and we might as well think them over and begin to prepare for them. . . .

From a Notice of the 1906 Annual Session:

The next annual meeting of the state society will be held in San Francisco, the entire week, beginning Tuesday morning, April 17, 1906. . . .

. . . The committee would further announce that the following time limit has been placed on all contributions: orations, thirty minutes; scientific papers, fifteen minutes; discussions, five minutes. A bell will be rung in each case, one minute before the time expires.

. . . Members finding subjects of interest in the papers enumerated below will please send their names and choice of subjects to the chairman of the committee, that they may be called upon to enter into the discussions. . . .

From an article on "The Motor Complications of Herpes Zoster" by Albion Walter Hewlett, M. D., San Francisco:

The eruption of herpes zoster, which consists of vesicles upon inflamed bases, is characterized mainly by its limitation to the portion of skin that is supplied by the affected spinal ganglia. Head distinguishes two forms of zoster. The first is merely a symptom of some more general nervous disease and it is called, therefore, symptomatic zoster. The second is a disease *sui generis* and has been termed acute specific zoster. . . .

From an article on "The Demonstration of Dilatations of the Descending Thoracic Aorta" by Charles Miner Cooper, M. D.:

The descending thoracic aorta is the direct continuation of the aortic arch, and it traverses the posterior mediastinum. It begins at the lower border of the fourth dorsal vertebra and ends by becoming the abdominal aorta at the level of the twelfth dorsal vertebra. At its commencement it lies to the left of the middle line, but as it proceeds downward it inclines inward, approaching a mesial position at its termination. . . .

From an article on "Pityriasis Rosea" by Douglass W. Montgomery, M. D., San Francisco:

In pityriasis rosea, as usually met with, the patient applies for advice on account of a rosy, blotchy rash, well distributed over the body. The rash consists of slightly elevated, light red blotches, usually about the size of those seen in measles or in the roseola of syphilis. . . .

From an article on "The Pathology and Treatment of Tetanus" by T. C. McCleave, M. D., Berkeley, Cal.:

A year ago, in discussing a paper on tetanus before this Association, I called attention to certain newly discovered facts regarding the manner in which the tetanus toxin reaches the spinal cord, and I stated at that time that these discoveries would no doubt lead to improvements in the methods of treatment of this dreadful affection. . . .

From an article on "The Requisite Laboratory Equipment for the General Practitioner" by Ray L. Wilbur, M. D., Stanford University:

In these days of the multiplicity of clinical instruments and clinical tests, it becomes of some importance to the general physician to know how much actual equipment is necessary for laboratory work and how far his time and experience will let him go before he needs to call for the services of a laboratory expert. In the present-day medical education

enough stress is laid upon all forms of laboratory work so that the average graduate is well equipped mentally for all the ordinary tests. . . .

From an article on "Gastroenteric Autointoxication—Its Recognition and Significance, and Its Relation to Arterial Hypertension" by W. A. Briggs, M.D., Sacramento:

The physiologic and the pathologic problems of digestion and of the digestive tract are obviously fundamental. Not only are they fundamental, but, both from a theoretical and from a practical viewpoint, they are anthropologically universal. They implicate every tissue and every function—nay, more, the very destiny of nations. Many a philosophy is tinged with black bile, and many a world policy is implacably determined by the colon bacillus. . . .

From minutes of the meeting of the San Francisco County Medical Society:

Meeting of the Directors of the County Medical Society.—Meeting called to order at 8:20 p. m., February 13, 1906, President Terry in the chair. Those present were: Doctors W. I. Terry, D'Arcy Power, J. H. Barbat, P. K. Brown, C. M. Cooper, D. Tait, W. S. Thorne, F. B. Carpenter, William Ophüls, George Blumer, Henry Gibbons, Jr., H. Morrow, C. Levison, H. M. Sherman, P. M. Jones, George Evans. . . .

Dr. P. M. Jones reported for the committee appointed to consider the advisability of having more frequent meetings as follows: . . .

Third: That arrangements be made for meetings to which prominent attorneys, judges, etc., be invited, and also other meetings to which representatives of the ministerial profession be invited. . . .

Doctor Jones moved that the secretary be instructed to purchase a scrap-book and in that scrap-book there be pasted any clippings from the daily papers referring to any of the members of this society. A space is to be left after each clipping in which the member involved can write his defense. This scrap-book to be placed in the library for the inspection of the members. Motion carried. . . .

DEPARTMENT OF PUBLIC HEALTH

By GILES S. PORTER, M. D., *Director*

Full-Time Health Units Growing.—There are now fourteen counties in California each of which has its health department organized upon a full-time basis, with a trained health officer in charge. These counties are: Contra Costa, Yolo, San Francisco, San Joaquin, Stanislaus, Madera, Monterey, San Luis Obispo, Santa Barbara, Los Angeles, Orange, San Diego, Riverside, and Imperial.

There are extensive activities launched in both Kern and Ventura counties for the formation of county health units in each of these counties. In Ventura County, a committee of five residents has compiled a voluminous report of its investigations into the advisability of establishing a full-time health unit in that county. This committee was appointed in April 1930, and since that time visits have been made to San Luis Obispo, Monterey, San Joaquin, Fresno, and Tulare counties. As a result of this investigation, the committee recommends that such a health unit be organized in Ventura County. The findings of the committee are summarized as follows:

FINDINGS

1. The success or failure of a public health department depends primarily on its head.

2. The head of the department should have full responsibility in order that success or failure may be definitely fixed.

3. Excepting, perhaps, the very few populous and wealthy counties, public welfare can be better served by a county-wide health organization, whether it be unit or district organization, than by a number of local organizations that lack coördination.

FULL-TIME OFFICER

4. Except in counties of limited population and wealth, health service should have full-time health officer with special qualifications for the work.

5. In many counties, among them Ventura, an efficient county-wide health organization can be set up that will cost very little more than the total cost of present inefficient set-ups.

6. The head of the department and the various employees should not be subjected to irrelevant political influences.

7. There are certain inherent elements in each which make it very difficult for health departments and school departments to work in complete harmony. These difficulties can be reduced to a minimum, and practically eliminated, when the two departments get together and study their problems with an earnest desire to solve them fairly.

8. There seems to be no disposition in any of the counties that have set up fairly efficient health departments to dispense with them even though the service is still limited.

MEETS APPROVAL

9. Heads of health departments whom we have consulted favor the district plan of organization.

10. The law permits a maximum tax levy of 15 cents on the hundred dollars under the district plan.

After checking over the cost of present health service in Ventura County we are of the firm opinion that a tax not to exceed five and one-half cents on the hundred dollars would be sufficient for the successful operation of a health district for the county.

The amount raised by this tax would be less than one cent more on the hundred dollars than is now being paid out by the county, the cities, and the school districts. Instead of health service covering but a limited field we would have comprehensive, unified, and efficient service for the entire county.

Dr. G. S. Porter, Director of Department of Public Health.—Governor Rolph has appointed Dr. Giles S. Porter of Los Angeles as director of the State Department of Public Health and he assumed the duties of the office on January 29. He succeeds Dr. Walter M. Dickie, who has been the administrative head of the department since August 1920. Doctor Porter has been assistant health officer of Los Angeles for many years, having first become associated with the Los Angeles City Health Department in 1920. He served in the Medical Corps of the United States Army, 1918-1919. He came to California in 1914, and before that time he practiced medicine in Arkansas, where he was a member of the State Board of Medical Examiners.

Imperial County Protects Against Diphtheria.—Under date of January 19, Dr. Warren F. Fox, health officer of Imperial County, states that a total of 1221 immunizations against diphtheria have been given by the county health department. He stated further, that by the end of the month all of the rural schools will have been visited by the health officer and nurse.